

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. – 11. (Canceled).

12. (Previously presented) A user-actuated anterior shoulder stretching device including:

a pair of laterally extending swing-arms linked to pivot rearwardly in unison, each swing-arm being pivotably mounted at its proximal end and being adapted to receive a hand or wrist or forearm of a user at its distal end; and

a user-actuated mechanism for pivoting the swing-arms rearwardly in unison to thereby stretch the anterior shoulder of the user, wherein the user-actuated mechanism is leg-actuated,

wherein the device includes a seat and a backrest, and wherein the pair of laterally extending swing arms extend from adjacent the backrest and swing in a substantially horizontal plane which is spaced above the seat by a dimension substantially corresponding to the dimension between a user's hips and shoulders.

13. (Previously presented) A user-actuated anterior shoulder stretching device including:

a pair of laterally extending swing-arms linked to pivot rearwardly in unison, each

swing-arm being pivotably mounted at its proximal end and being adapted to receive a hand or wrist or forearm of a user at its distal end; and

a user-actuated mechanism for pivoting the swing-arms rearwardly in unison to thereby stretch the anterior shoulder of the user, wherein each swing arm includes an arm supporting assembly freely slidably mounted thereon for free sliding movement relative to the swing arm during use,

wherein the device includes a seat and a backrest, and wherein the pair of laterally extending swing arms extend from adjacent the backrest and swing in a substantially horizontal plane which is spaced above the seat by a dimension substantially corresponding to the dimension between a user's hips and shoulders.

14. (New) A user-actuated anterior shoulder stretching device as claimed in claim 12, wherein the user-actuated mechanism is pressed away from the user during stretching.

15. (New) A user-actuated anterior shoulder stretching device as claimed in claim 12, wherein the device further includes a collar mounting post, said collar mounting post having a collar slidably mounted thereon, a pair of link members pivotably mounted to the collar, each link member being pivotably mounted to a respective swing arm.

16. (New) A user-actuated anterior shoulder stretching device as claimed in claim 12, wherein the device includes a height adjustable seat for adjusting the height of a seated user relative to the pair of laterally-extending swing arms.

17. (New) A user-actuated anterior shoulder stretching device as claimed in claim 12, wherein each swing arm includes an arm supporting assembly freely slidably mounted thereon for free sliding movement relative to the swing arm during use.

18. (New) A user-actuated anterior shoulder stretching device as claimed in claim 13, wherein the arm supporting assembly includes an elbow or forearm supporting platform which supports the forward side of the elbow or forearm in use, and a handgrip which can be rotated relative to the elbow or forearm supporting portion about an axis which is substantially parallel to the length of the swing-arm.

19. (New) A user-actuated anterior shoulder stretching device as claimed in claim 13, wherein the device includes a height adjustable seat for adjusting the height of a seated user relative to the pair of laterally-extending swing arms.